



MARRIAGE COMMUNICATION (RESTORATION)

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RESTORATION CONTENT



Overview

Restoration

Communication

- Your Concerns
- Communicating your concerns
- Your personal conflicts
- Control your tongue (diffuse anger)
- Disarm the conflict

Forgiveness

- The little fox that nibbles the vine
 - Forgive your spouse
 - What shifts you into anger mode?
 - Rebuilding Trust
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- The bottom of the slide features a horizontal band with a realistic wooden floor texture, showing various wood grain patterns and knots.



RESTORATION

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OVERVIEW

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:16).

- There must be restoration or the marriage will continue to degrade until it is depleted.
- Marriages relationships are not all established by God but those that are will surely seek for God to be reestablished when things go wrong.

Restoration

Making the decision to RESOLVE!

RESTORATION

OVERVIEW



“So God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:27). Man lost that image through sin and Jesus restores that image being free of sin.

Restore our fortunes, O Lord, Like the watercourses in the Negeb! May those who sow in tears reap with shouts of joy! He that goes forth weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him (Ps. 126:4-6).ASV

RESTORATION

(REPAIRING THE BREACHES)



“Let the priests take *it* to them, every man of his acquaintance: and let them repair the breaches of the house, whosoever any breach shall be found” (2 Kings 12:5)

- Breaches in a marriage is like unto breaches in a house that allows abundance of cold and water to come in and ruin the house and make living conditions hazardous.
 - Something has to be fixed and others resolved. You cannot fix nor change your spouse, you can only work on yourself and give the rest to God!
 - How do you begin to repair your breaches?
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COMMUNICATION YOUR CONCERNS



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- Identify the breaches in your marriage
- Identify the causes of the breaches in your marriage
- The goal is to resolve the problem and not make it worse
- Check your temper
- When was the last time you talked about important things in your lives, things necessary to knit a close relationship?

COMMUNICATION

COMMUNICATING YOUR CONCERN



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- Again check your relational temperature
 - Adjust to your spouse gender style
 - Choose the right time and place
 - Share thoughts, feelings and needs
 - Share what you think about the issue
 - Share how you feel about the issue
 - Share what you need from your spouse
 - Share thoughts, feelings and needs
 - Wives, your husband needs information—content, a bottom line
 - After you have shared the bottom line with your husband you can then share how you feel.
 - State what you need from your husband in the situation to help carry the load.
 - Husband, your wife need information but not in the same order...communicate positively with your is to connect with her emotions before details of the situation.
 - Connect with the facts; connect with a solution if possible.

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COMMUNICATION

(DEPERSONALIZE YOUR CONFLICT)



The key to depersonalizing a conflict is to attach the problem
without attaching each other.

When **CRITICISM** leads to **DEFENSIVENESS** to **CONTEMPT** to **WITHDRAWAL** the conditions has a strong potential to end in divorce and not resolve.

Don't
play the
blame
game!

Complaining – “Lester, this is the second time this week you have been late picking up the kids after school. If you think you’re going to be late, just let me know so I can help out.”

Criticism – “You blew it again, Lester, I can’t believe you don’t call when running late. You are thoughtless and irresponsible.”

COMMUNICATION

(DEPERSONALIZE YOUR CONFLICT)



The key to depersonalizing a conflict is to attach the problem without attaching each other.

Take a gentile approach:

You –

Don't "Why do you keep criticizing my weight?"

play the "You make me so mad I could scream."

blame "If you would do the finances my way, things wouldn't be so bad.

game! I –

"I feel discouraged when my weight problem becomes the topic of our discussion so often."

"I am very angry right now."

"I feel unimportant when you don't ask for my input on how to do the finances."

COMMUNICATION

CONTROL YOUR TONGUE (DIFFUSE YOUR ANGER)



“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God” (James 1:19-20).

- If anger sparks in you quickly, you need to slow down and confront your anger in an appropriate way. Don't ignore your anger, take steps to diffuse your anger in a timely manner.
- Cool down before speaking up.
- Your spouse is not your enemy, you are on the same team.
(depersonalize the situation)



COMMUNICATION CONTROL YOUR TONGUE



“And the tongue *is* a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. ⁷ For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: ⁸ But the tongue can no man tame; *it is* an unruly evil, full of deadly poison” (James 3:6-8).

- An emotional reaction comes from the gut; it’s automatic and sometime involuntary.
- A response is conscious, planned and purposeful.

COMMUNICATION

CONTROL YOUR TONGUE



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- You want be able to talk about a conflict if one or both of you is still steaming with anger.
 - Communicate clearly about the offense, your hurt and your feelings.
- Slow down your communication – sometime the mouth runs off before the brain is in gear.
 - Allow your spouse the opportunity to help you keep angry words in check – Your spouse has to alert you before the heat of anger gets out of control.
 - After a confrontation (disagreement) ask your spouse if your words offended him or her. Listen and learn.
 - Practice gentle words.
 - Give up the right to revenge

COMMUNICATION

DISARMING THE CONFLICT THROUGH PRAYER



“Continue in prayer, and watch in the same with thanksgiving” (Colossians 4:2).

- The first step in conflict resolution is to disarm the potential for more hurt and pain.
- Prayer not only opens the door to resolution that are pleasing to God, but also demonstrates to your spouse that you are committed to working it out in a godly way. Prayer can also shorten the length of your discussion and help you reach a solution more quickly.

“For our soul is bowed down to the dust: our belly cleaveth unto the earth. Arise for our help, and redeem us for thy mercies' sake” (Psalm 44:25-26).

FORGIVENESS

(THE LITTLE FOX THAT NIBBLES THE VINE)



Take us the foxes, the little foxes, that spoil the vines: for our vines *have* tender grapes” (Song of Songs 2:15).

- 1) You and your spouse are at the paint store picking out new paint for your bedroom. When your spouse casually mentions to the clerk that you will be doing the painting, you stiffen inside. You never volunteered for that job. Besides, you already have a list of household projects that will take you the next ten weekends to complete. The more you think about your spouse’s comment, the angrier you get.
- 2) It was just a simple statement, but you heard your spouse’s hurt behind it: “We haven’t been out together, just the two of us in more than a month.”

FORGIVENESS

(THE LITTLE FOX THAT NIBBLES THE VINE)



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Take us the foxes, the little foxes, that spoil the vines: for our vines *have* tender grapes” (Song of Songs 2:15).

**Decision
making
time!**

- 3) You happened to be the one to open the credit card statement this month, and what you find irritates you. Your spouse made two expensive purchases last month that were outside the budget parameters you two had agreed upon. What’s worse your spouse never consulted you about them.
- 4) You look all over the house for your favorite, comfy, old slippers. When you ask about them, your spouse says, “Oh, those ratty old things! I tossed them into the trash last week.”

FORGIVENESS

(THE LITTLE FOX THAT NIBBLES THE VINE)



Take us the foxes, the little foxes, that spoil the vines: for our vines *have* tender grapes” (Song of Songs 2:15).

Decision making time!

5) Earlier in the evening, your spouse hinted about making love tonight. You're not in the mood, but instead of saying something, you slip into bed a half hour early and pretend to be asleep you're your spouse joins you. You can hear the sign of disappointment from the other side of the bed.

FORGIVENESS (FORGIVE YOUR SPOUSE)



Without forgiveness, you will never experience the peace of reconciliation and the joy of restoration in your marriage.

- Forgiveness Acknowledges the Hurt
- Forgiveness releases the Offense and the Offender
- Forgiveness Relinquishes Resentment
- Forgiveness is an Act of Grace

FORGIVENESS

(WHAT SHIFTS YOU INTO ANGER MODE?)



FORGIVENESS (REBUILDING TRUST)



It takes more than food and pleasure!

“Again I will build thee, and thou shalt be built, O virgin of Israel: thou shalt again be adorned with thy tabrets, and shalt go forth in the dances of them that make merry”
(Jeremiah 31:4).



“If ye will still abide in this land, then will I build you, and not pull *you* down, and I will plant you, and not pluck *you* up: for I repent me of the evil that I have done unto you”
(Jeremiah 42:10).

RESTORATION

SUMMARY



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- ❑ Restoration
 - ❑ Communication
 - Your Concerns
 - Communicating your concerns
 - Depersonalizing your conflicts
 - Control your tongue (diffuse anger)
 - Disarm the conflict
 - ❑ Forgiveness
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RESTORATION

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What are you
questions?

